

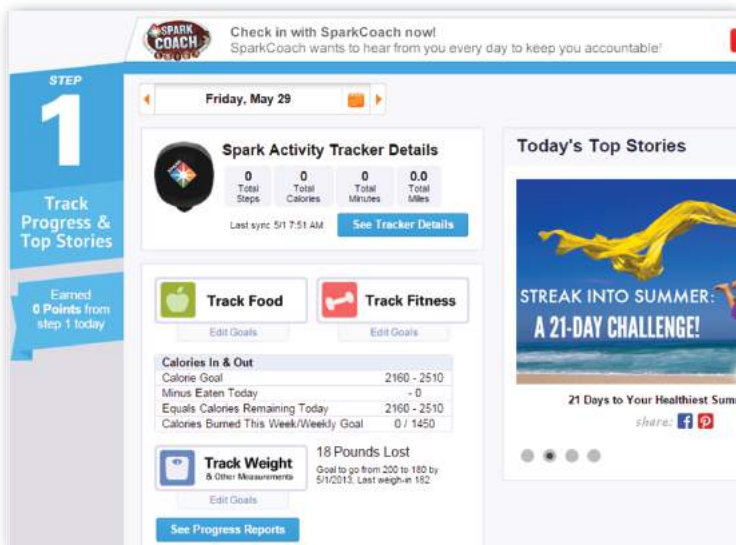
# Want to lose weight? Get fit? Have more energy?

*SparkPeople Can Show You How--for FREE!*

SparkPeople is the world's largest healthy-living website, providing members with free personalized tracking tools for weight loss, nutrition, and fitness.

Our program works with you to create a plan that fits your individual needs. With our proven tools, successful motivation techniques and supportive Community, you will learn how to make healthier choices and break the vicious cycle of dieting for good. SparkPeople is literally changing the lives of millions every day!

24-hour access to SparkPeople is now available to you FREE of charge!



## By joining SparkPeople, you get:

- Personalized fitness and nutrition program with tracking tools
- Mobile apps to help you track your progress on the go
- Motivation and support from others just like you
- Advice from health and fitness experts
- Access to over 350,000 healthy recipes
- Meal plans, shopping lists, exercise videos and so much more!

## How to Join...

To get your personalized plan, please visit:

**[WWW.SPARKPEOPLE.COM](http://WWW.SPARKPEOPLE.COM)**

"I love the site! I have been to others that claim to have the tools we have here, but this one is so much easier to use. And, SparkPeople tracks things much better. Thanks so much for providing us with the tools to be successful." -- Sarah F.